



**NATIVE AMERICAN  
WOMEN'S HEALTH EDUCATION RESOURCE CENTER**

P.O. Box 572  
Lake Andes, South Dakota 57356  
(605) 487-7072

**HOW YOUR BABY IS EFFECTED  
IF YOU DRINK ALCOHOL DURING  
PREGNANCY!**

**Germinal Period (First 2 weeks)**

**Embryonic Period (First 3 months)**

**Fetal Period & Month 4**

**Months 5 & 6**

**Months 7, 8, & 9**





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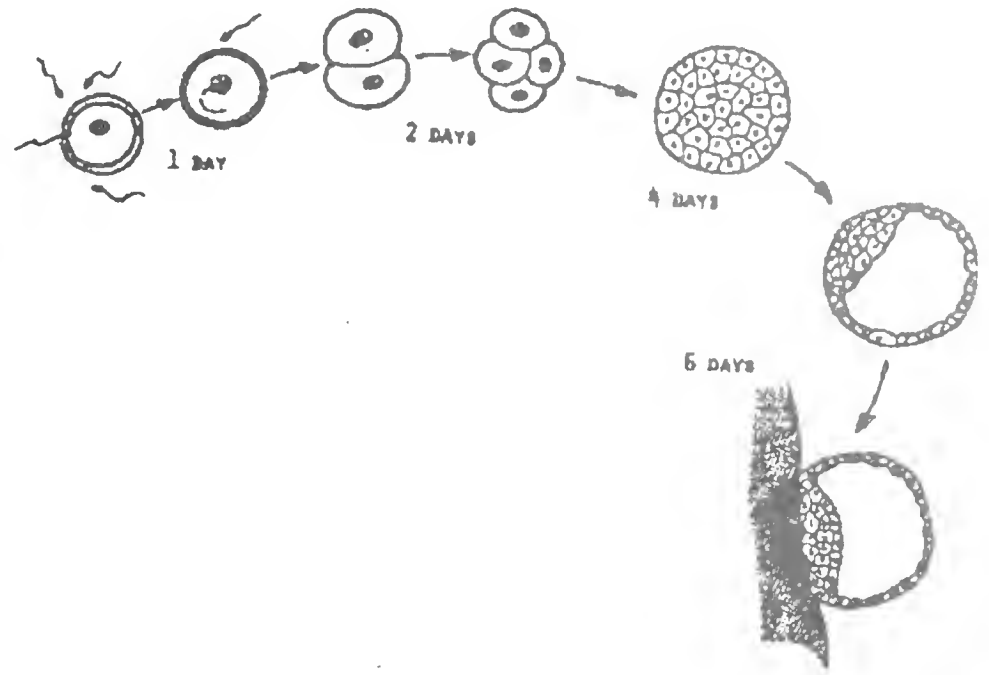
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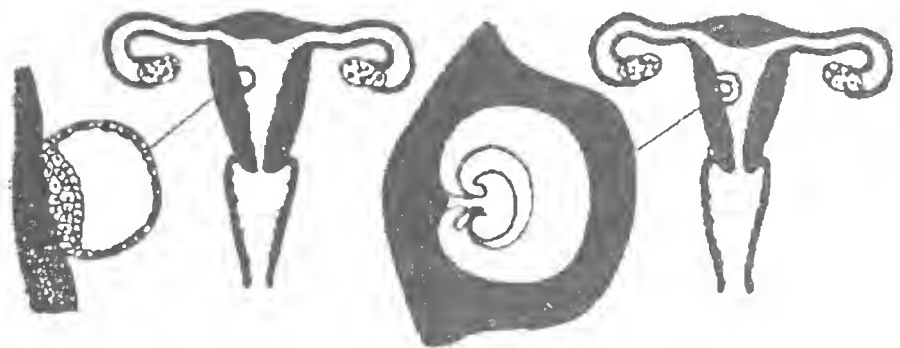
## GERMINAL PERIOD (First two weeks)

During the first two weeks following fertilization, the cells divide to form the body tissues, the skin, the ears, eyes, taste, smell, and touch organs, the brain, the muscles, the heart and bones, digestive glands and the digestive system.



## CAUTION!

Drinking during the first two weeks can cause severe multiple birth defects that may result in miscarriage.



This picture illustrates the beginning of a pregnancy, from the beginning of cell division to becoming a tiny beginning of life.



## **EMBRYONIC PERIOD**

**(First two months)**

In the first six weeks after the germinal period the baby begins to develop. By the fourth week of the pregnancy, the heart, now shaped like a U, begins to beat. The month old baby is one-fifth of an inch long but is noticeably curved and there is a distinct head fold, which contains swellings, markings that will become the jaw, eyes and ears of the growing individual.

By the end of the embryonic period the baby reaches a length of about one inch and has forerunners of the throat, esophagus, jaws, and ears. The spine has begun to develop, the head is clearly distinct, and eyes have come forward and eyelids have begun to form. The face contains ears, nose, tongue and even buds of teeth; limb buds grow, fingers have begun to appear. The brain begins sending messages that coordinate the functioning of the other organ systems; the stomach produces tiny amounts of digestive juices,

the liver makes blood cells, and the kidneys take out urea from the blood; glands that discharge hormones which effect body functions have taken shape; the kidneys discharge epinephrine (a brain and muscle stimulator that raises blood pressure and relieves bronchial asthma) the testes in the male baby begin to produce androgens (male hormone) and reflexes can be brought forth. All these functions are in a very primitive form and must develop for several more months.

### **CAUTION!**

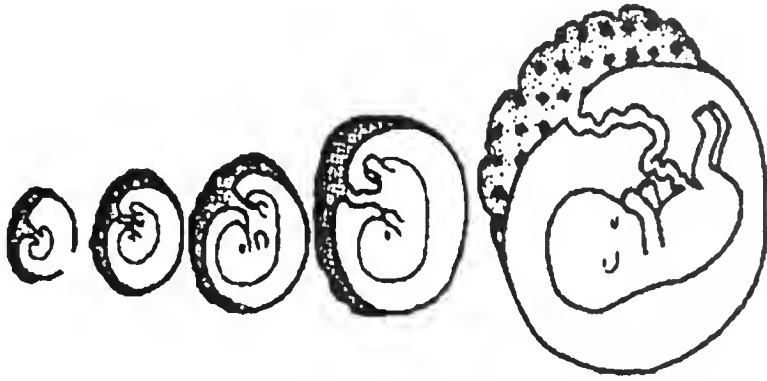
**Drinking during the first 3 months can dramatically effect the growth and development of the brain, organ systems, the glands, and the baby's over all development.**

**Embryonic Period (First 3 months)**





## THE FETAL PERIOD (First 3 months)



This is determined by the development of bone cells and composes the major portion of prenatal development.

**3rd Month** – By the end of the 3rd month, the baby is about three inches long with a large head and a

prominent forehead; the nose and ears now level with the lower jaw; and the eyelids are sealed shut; buds for temporary teeth form and vocal cords appear; the ribs and vertebrae turn to hard cartilage; fingers are well developed, fingernails and toenails are forming; the genitals undergo marked changes and it is possible to determine the sex of the baby. The baby is active and can kick its legs, turn its feet, close its fingers, bend its wrists, turn its head, squint, frown, and open and close its mouth.

## 4th Month

The growth of the baby's lower body speeds up so that the head size is now only 1/4 of the total body size. The baby doubles in length to almost six inches and weight increases to about four ounces. Most of the bone is formed, reflexes become brisk, muscular development continues and movements can be readily felt by the mother.

### CAUTION!

**Drinking during the 3rd and 4th month can effect the growth and formation of the eyes, jaw, teeth, vocal cords, bone formation, and genitals. Drinking during this period can effect development of muscles and reflexes and delay growth.**





## 5th Month



By the end of the fifth month the baby is about one foot long and weighs about a pound. Its skin structures begin to get their final form, glands that secrete skin oils have appeared and are functioning; fingernails and toenails have formed; the bony axis has become quite straight and much voluntary activity occurs. The baby sleeps and wakes much the same as a newborn, it may survive briefly outside it's mother's body but it usually dies because of it's inability to maintain breathing movements.

### CAUTION!

**Drinking during the 5th month can effect bone and skin formation, gland and eye formation and functioning, as well as voluntary body movement and how the baby perceives depth and space.**

## 6th Month

The baby adds about two more inches and gains almost another pound. The eyelids may open to reveal completely formed eyes, the baby may open and close its eyes, look up and down and sideways; taste buds are now developing on the tongue and mouth; eyebrow and lashes are forming; a fine wooly fuzz is appearing on most of the body (most of this disappears if the fetus goes full term); the fetus has a beginning of a grasp reflex and may be able to make slight breathing movements and may hiccup.



### CAUTION!

**Drinking during the 5th and 6th month can effect the eyes, formation of taste buds, formation of eyebrows and lashes, and general growth and development of the fetus.**





## 7th Month

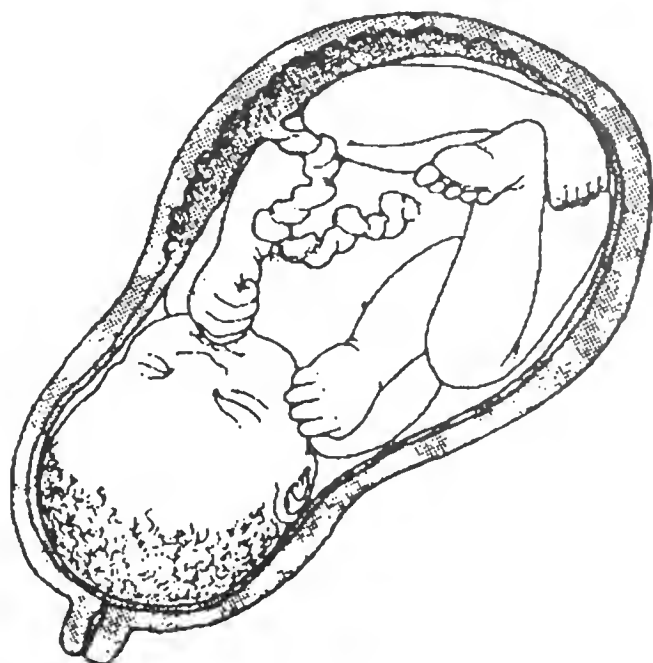
The baby adds about two more inches and gains almost another pound. The eyelids now open to reveal completely formed eyes, it opens and closes it's eyes, looks up, down and sideways; taste buds have appeared on the tongue and mouth; eyebrows and lashes have formed; a fine wooly fuzz has appeared on most of the body (most of this disappears if the baby goes full term); the baby has a grasp reflex and is able to make slight breathing movements and may hiccup.

### CAUTION!

**Drinking during the 7th month can effect the development of the brain and how the body responds to brain messages as well as the development of the male genitals.**

## 8th and 9th Months

During the 8th and 9th months, the finishing touches are put on the organs and ability to coordinate movement of the limbs and body of the baby. Fat rapidly forms over it's entire body, smoothing out the wrinkled skin and rounding out its contours. It's organs step up their activity and heart rates becomes quite rapid. During the filling out process the baby usually gains approximately a half pound a week. The average full term infant weights about 7 lbs. and is about 20 inches long.



### CAUTION!

**Drinking during the 8th and 9th month effects the filling out process and formation of fat over the baby's body.**

## **FAS BABIES**

-BRAINS HAVE NOT DEVELOPED OR GROWN LIKE A NORMAL BRAIN

-HAVE LOW BIRTH WEIGHTS AND NEVER "CATCH UP" WITH THE AVERAGE CHILD

-HAVE WEAK SUCKING ABILITY

-HAVE SMALL EYE OPENINGS, HEAVY EYELIDS AND MAY HAVE ONE DROOPY EYE

-HAVE A FLAT FACIAL PROFILE, RECEDING CHIN, & FLAT NASAL BRIDGE

-ARE IRRITABLE, FUSSY BABIES & HAVE DIFFICULTY BONDING WITH THE MOTHER



FAS BRAIN



NORMAL BRAIN

**REMEMBER!**  
**FETAL ALCOHOL SYNDROME**  
**&**  
**FETAL ALCOHOL EFFECTS**  
**ARE ENTIRELY PREVENTABLE!**  
**FAS/FAE HAPPENS ONLY IF**  
**YOU DRINK ALCOHOL WHILE**  
**YOU ARE PREGNANT!**  
**DON'T DRINK WHILE**  
**PREGNANT!**

## **FAS CHILDREN**

-HAVE LOW IQ'S-68 AVERAGE & SHOW NO IMPROVEMENT OVER TIME

-HAVE SHORT ATTENTION SPANS - PERCEPTION PROBLEMS - MOTOR DISTURBANCES

-ARE HYPERACTIVE

-ARE FRIENDLY - HAVE NO FEAR OF STRANGERS

-ARE BELOW AVERAGE IN WEIGHT & HEIGHT AND ARE THIN AND SCRAWNY FOR LIFE

## **FAE CHILDREN**

-MAY EXHIBIT ONE OR MANY OF THE ABOVE MENTIONED CHARACTERISTICS AT A LESSER DEGREE